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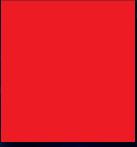
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OPEN ENROLLMENT IS HERE



\*Based on A Consumer's Guide to Medicaid and Child Health Plus Managed Care Plans in New York City 2017.  
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HEALTH PLANS FOR CHILDREN

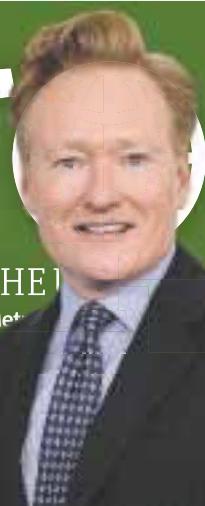


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# metro

NEW YORK CITY NO. 1 FREE DAILY IN THE U.S.

Wednesday, November 28, 2018 metro.us | t: MetroNewYork | f: MetroNewYork



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# LET'S GET IT



Everything you need to know about today's Rockefeller Center Tree Lighting, plus all the best community ceremonies. 11-13

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## THINGS TO KNOW



## WELCOME TO METRO.US

EVA KIS, FEATURES EDITOR

The Christmas season has begun, and it's time to light the many Christmas trees of NYC. None are taller or more spectacular than the Rockefeller Center Christmas tree, towering 75 feet over the skating rink and lit with the most fanfare. But it's not the only game in town. We've got all the details on this year's biggest tree-lighting ceremony, plus some great community ones to get you excited for the holiday season ahead.

## US CABLE TV AND NETFLIX DIAL UP CHRISTMAS FARE

**I** Pour the eggnog, decorate the tree and turn on the TV. Like glinting tinsel in a sea of dark TV dramas, the number of new, feel-good Christmas movies offered by U.S. cable TV networks and the global streaming service Netflix is off the charts. Among roughly five dozen original offerings this season are "Hometown Christmas," "Christmas at Graceland," "My Christmas Inn" and "A Shoe Addict's Christmas." Demand was so high, many had to be filmed in summer heat, with fake snow and digital winter effects. "Everything has blown

up. I can't believe how much Christmas stuff is going on this year and next year," said Andrew Gernhard, whose company, Synthetic Cinema International, has produced movies for the Hallmark and Lifetime cable channels and others. These types of films, which promise snow, mistletoe and a love story, used to be largely limited to networks like Hallmark and Lifetime. This year, Netflix is releasing three new Christmas romances, Walt Disney Co.'s Freeform network is airing three of its own, and the TV One channel has two on its schedule.

## MANAFORT DENIES MEET WITH WIKILEAKS' ASSANGE

**2** President Donald Trump's former campaign manager, Paul Manafort, staunchly denied ever meeting with WikiLeaks founder Julian Assange on Tuesday, after the Guardian newspaper published a story alleging the two met at least three times, including once in 2016. "This story is totally false and deliberately libelous. I have never met Julian Assange or anyone connected to him," Manafort said through a spokesman. "We are considering all legal options against the Guardian, who proceeded with this story even after being notified by my

representatives that it was false." Manafort's statement came one day after Special Counsel Robert Mueller's office told a federal judge that Manafort had breached his plea agreement by lying repeatedly to the FBI despite pledging to cooperate with the probe. In the same court filing, Manafort denied lying, but both sides agreed the court should move ahead and set a date to sentence him for his crimes. Prosecutors said they plan to file a report before sentencing laying out the alleged crimes Manafort committed after pleading guilty in September.



## BEHIND THE SCENES AT THE V&amp;A'S CAST COURTS RE-OPENING

**3** A conservator works on one half of a cast of the Roman "Trajan's Column" memorial at a press preview of the Cast Courts at the Victoria and Albert Museum on Nov. 27, 2018, in London, England. The re-launched gallery area exhibits casts and reproductions of important historical artifacts from around the world and opens to the public on Dec. 1, 2018.

## CREATOR OF 'SPONGEBOB SQUAREPANTS' DEAD AT 57

**4** "SpongeBob SquarePants" creator Stephen Hillenburg, who brought the zany cartoon marine underworld of Bikini Bottom to television, the movies and the stage, has died at the age of 57, the Nickelodeon television network said on Tuesday. Hillenburg had said last year that he was suffering from the neurodegenerative disease ALS, also known as Lou Gehrig's disease. He died on Monday. "We are incredibly saddened by the news that Steve Hillenburg has passed away following a battle with ALS," the network said in a statement. "He was a beloved friend and long-

time creative partner to everyone at Nickelodeon, and our hearts go out to his entire family." Hillenburg was a marine biology teacher in Southern California when he started creating sea creatures as teaching tools. The first episode of "SpongeBob SquarePants," featuring a cheerful yellow sea sponge who lived in an underwater pineapple, aired on U.S. television in May 1999. The series went on to win multiple awards and be made into two Hollywood movies and a Broadway musical. The television series has aired in more than 200 nations and has been translated into more than 60 languages.

## MICROSOFT TO OVERTAKE APPLE IN VALUATION

**5** Microsoft is close to dethroning Apple as Wall Street's most valuable company. This comes just four months after Apple made headlines for being the first company to breach the \$1 trillion mark. Apple is under pressure after U.S. President Donald Trump told The Wall Street Journal that he could slap tariffs on laptops and mobile phones imported from China. Apple and Microsoft are both worth \$814 billion. Wedbush analyst Daniel Ives said, "In the near-term, this string of bad news continues to add to the dark clouds over Cupertino's head and thus will weigh on shares." Apple has taken

heavier blows than other Silicon Valley stars, falling 23 percent since Nov. 1, when it warned investors that sales for the key holiday quarter would likely fall short of Wall Street's targets. What's more, global demand for smartphones has slowed in recent years. Eight years ago, it was smartphones that helped Apple overtake Microsoft in market capitalization. The Windows software maker then struggled with slow demand for PCs. But Microsoft bounced back, reducing its reliance on Windows and becoming a major player in cloud computing after Satya Nadella took over the helm four years ago.

## TONY'S METRO MAGIC 2018



As we enter the season of giving, Metro asks that you donate to Tony's Metro Magic annual holiday toy drive to help underprivileged children in your community. You can donate by visiting metro.us/magic, clicking on the toy wish list link of your choice, and ordering via a secure payment system. Toys will then be distributed to local children in need.

[metro.us/magic](http://metro.us/magic)

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# NYC Council members to introduce bills to legalize electric scooters, e-bikes

Legislation to provide additional transit options benefiting commuters and delivery drivers will be introduced on Wednesday.



KRISTIN TOUSSAINT  
kristin.toussaint@metro.us

Electric scooters could be one step closer to becoming a reality on New York City streets as Council Member Rafael Espinal plans to introduce legislation on Wednesday that would legalize e-scooters and throttle electric bikes.

Electric scooters and throttle electric bikes are currently illegal under city and state traffic rules. (Previously, the city did legalize pedal-assist electric bicycles, which do not go

as fast as throttle e-bikes.)

The four-bill package, which will be presented by Espinal along with council members Fernando Cabrera, Ydanis Rodriguez and Margaret Chin, would allow for all this electric-powered transportation, which they say will benefit New Yorkers and the city in multiple ways.

These new transit options will provide another choice for commuters during the L train shutdown and as MTA fare hikes loom, Espinal said.

"I think what the fare hikes really underscore is that our transit system is in real crisis and New Yorkers have really shown that they're hungry for alternatives when it comes to getting around," he said. "I have always championed alternative forms of transit, especially with the L train shutdown coming up, and I see this



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as part of a larger effort to get people out of cars, show them that there are other options beside the train and especially help combat climate change."

Addressing climate change is one of his key priorities, he added, but he said that is "not go-

ing to happen unless we electrify our transit and ensure that New Yorkers have alternatives to cars."

The bill package will also lift a burden that disproportionately affects low-wage, often immigrant workers who rely on throttle e-bikes for their



NYC DOT (DEPT. OF TRANSPORTATION)

food-delivery jobs. NYPD currently fines unauthorized e-bike riders \$500 for operating their vehicles on New York City streets.

The new legislation will cut those fines to \$100 and establish a DOT program to subsidize the cost of converting these

e-bikes into legalized ones with capped speeds of 20 miles per hour.

Espinal's proposed legislation will legalize electric scooters, which have gained popularity around the country through scooter ride-share companies like Bird.

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# Doctors Urge Knee Pain Sufferers “Don’t Get ANY Surgery Until You See This...”

*After Years Of Intense Study, NYC Medical Clinic Finally Reveals It's Best “Treatment Formula” For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed*

**NEW YORK CITY** - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going to be the most exciting information you ever read.

**Here is why:** Knee pain can not only be brutal... it's complex. In other words, it's not a simple, easy fix.

But I'm sure you already know that. Or you wouldn't be reading this.

**That's the bad news.**

**Now for some good news...**

Over the years, *NYC Pain MD* has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It's amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

## The Treatment Formula

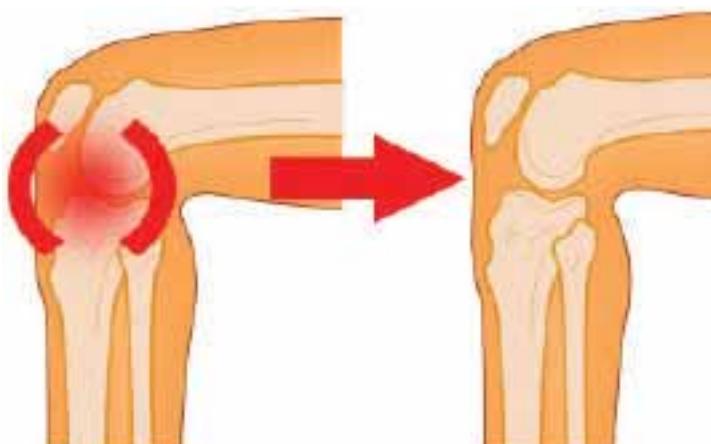
While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: PATIENT SELECTION.

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help



**NYC Pain MD “Treatment Formula”** A protocol of advanced medical treatments that has already helped thousands.

you find the right doctor for you.

If you qualify, *NYC Pain MD* offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you MUST KNOW....

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these “gel injections” without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

*NYC Pain MD* has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

**The second thing you must know is...** our treatment plans are custom made for every patient. And we have all these treatments

offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

## Here's What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our “Treatment Formula.”

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

**The best thing is...** you will finally get direction. You will know what's going on and what is your best course of action... step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what's going on and what can or cannot be done.

There is so much we want to say to help you... but I'm out of space. Give us a call at **877-296-6310** and take the first step. That step is free without obligation.



[www.PainMDNY.com](http://www.PainMDNY.com)

**877-296-6310**

# Faulty alert caused shooter scare at Walter Reed hospital: US Navy

Alert lacked the words "drill" or "exercise," prompting real-life response.

A false report of an active shooter at the Walter Reed military hospital outside Washington led people to take shelter on Tuesday, before an all-clear was given and the U.S. Navy confirmed the incident was related to a drill.

In preparations for the drill, a mass notification alert was mistakenly sent to people at Naval Support Activity Bethesda, the military base that houses the medical center, the Navy said in a statement.

The notification did not contain the words "exercise" or "drill," which prompted workers to respond as if an active shooter actually was at the facility, the Navy said.



WIKIMEDIA COMMONS

Police swept at least one building after receiving the report about a possible shooter around 2:23 p.m.

People at the medical center, including a U.S. congressman, sheltered

in place for at least 30 minutes, while the base urged others to find cover inside vehicles or buildings as a precaution.

"I am currently at Walter Reed Medical in Bethesda where we've

been told there is an active shooter," U.S. Representative Dutch Ruppersberger wrote on Twitter at one point. "I am currently safe in a conference room w/ approx 40 others."

The base gave the "all clear" around 3:20 p.m. It said in a Facebook post that no active shooter was found.

Walter Reed National Military Medical Center is the largest joint military

hospital in the United States, specializing in care for veterans of the U.S. Navy and Army and their families. It provides care to more than 1 million beneficiaries per year. REUTERS

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## Retail scams to be aware of while shopping for the holidays

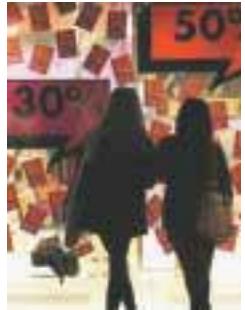
The holidays are a prime time for shopping and finding good deals, but also the perfect opportunity for bad actors to scam customers.

Amid the holiday-shopping bustle, hundreds of apps and websites will be trying to steal personal data and credit card information, according to a new report from RiskIQ, a cybersecurity company.

Scammers create fake landing pages with realistic branding often offering a big amount of discount to attract customers, especially around big events and holidays, with the goal of collecting a customer's personal data.

Before this year's Black Friday, a scam circulated on the messaging app WhatsApp that promised a 99 percent discount on Amazon.com purchases, resulting in thousands of customers having their credit card information stolen.

More people are using



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their phones instead of a computer to shop online. This year, 40 percent of Black Friday sales were made via a smartphone, according to OuterBox.

Shopping on a smartphone may seem effective and simple, but it also puts the customer at a much higher risk of being scammed.

"On a smartphone, compared to on a computer, it's much harder to spot a scam since mobile browsers have a much shorter [URL] address field and therefore may not see

the full URL," the RiskIQ study reads.

"If a random website is offering an 80 percent off deal on the toy of the season, there's a good chance they're just looking to take your credit card information," the report reads.

To avoid visiting bad websites, you should look for "https" in the retailer's website, rather than "http." (The "s" stands for secure and means all communications between your browser and the website are encrypted.)

Avoid using public Wi-Fi when shopping online.

Using a credit card instead of a debit card limits your liability since the money isn't taken directly out of a checking account.

Consider signing up for free scam alerts from the Federal Trade Commission at [ftc.gov/scams](http://ftc.gov/scams), which tracks spear-phishing scams, charity fraud, credit report scams and more.

ANNA HARSTEDT



## Transforming Respiratory Care Breathe Easier, New York

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## Respiratory Institute



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## ADVERTISEMENT Expanded care for respiratory patients

By Mount Sinai - National Jewish Health

The Icahn School of Medicine at Mount Sinai and National Jewish Health, the nation's leading respiratory hospital, recently opened a second location for the Mount Sinai - National Jewish Health Respiratory Institute. The new Union Square location offers expanded opportunities for patients with respiratory-related illnesses to receive care.

**One in four Americans has a serious, chronic, or life-threatening respiratory disease**, such as asthma, emphysema, lung cancer, or cystic fibrosis. National Jewish Health, based in Denver, is the only institution dedicated to research and treatment of respiratory disease for both adults and children and is **ranked No. 1 in the nation for respiratory care**.

The Icahn School of Medicine is ranked among the top 20 medical schools in the United States, and is the medical education and research hub for the entire Mount Sinai Health System,

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one of the country's largest not-for-profit, multi-site health care systems.

Together, these organizations bring leading expertise to addressing complex respiratory illnesses such as asthma, chronic obstructive pulmonary disease, interstitial lung disease, sarcoidosis, and others. The first Respiratory Institute location was opened in 2015.

Respiratory Institute patients can be seen at two Manhattan locations: 10 East 102<sup>nd</sup> Street, Fifth floor, and the new location at 10 Union Square East, Suite 2A. Patients and referring physicians can make an appointment at either location by calling (800) 563-3498 or visiting [TheRespiratoryInstitute.org](http://TheRespiratoryInstitute.org).

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## Eighth NYC cab driver commits suicide due to overwhelming financial burdens

Although NYC has capped the number of licensed drivers for ride-hailing apps, is it too little, too late for the livelihood of cab drivers?



ANNA HARSTEDT  
letters@metro.us

NYC cab drivers are experiencing a financial and existential crisis as a direct result of digital disruptors known as ride-hailing apps including Uber and Lyft.

More for-hire drivers, fewer customers, and plunging values of expensive medallions are being blamed for eight suicides of taxi drivers within the past year.

"I constantly feel that I need to drive more to be able to support my family, and I barely sleep anymore," Manu Singha,

a yellow cab driver, told Metro. "It's exhausting and depressing," he added.

"We don't care about competition, it's about survival," said Rasim, who began driving for Uber after leasing a yellow cab for six years. "When you work 17 hours and go home with \$50, it's not good."

**"I constantly feel that I need to drive more to be able to support my family... I barely sleep anymore."**

Manu Singha,  
a yellow cab driver

Compared to Lyft, Uber is the most successful and dominant ride-hailing app in New York City with 400,000 rides a day, which is 40 percent more than Lyft, according to The

New York Times.

In the era of ride-hailing apps, the price of a taxi medallion has dropped dramatically. Taxi medallions that once were sold for more than \$1 million now go for as low as \$100,000.

Singha explains that he was planning to retire at the age of 60 and lease his medallion to another driver, but now that the price of medallions has dropped, he needs to change his plan.

"I'm turning 60 next year and I won't have enough money to retire. I will just have to keep driving until I can't take it anymore, unless things change," Singha said.

In August this year, the New York City Council voted to approve a legalization that would cap the number of for-hire vehicles like Uber that are allowed on the streets — a regulation some critics have called "too little,



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**10:00 am – 3:00 pm**

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Manhattanville Station – 365 West 125<sup>th</sup> St. 10027

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James A. Farley – 421 8<sup>th</sup> Ave 10001-(11:00am-7:00pm)

### Bronx

Parkchester Station – 1449 West Ave, 10462  
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FDR  
909 3<sup>rd</sup> Ave  
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Church Street  
90 Church St  
NY NY 10007



GETTY IMAGES

ride-hailing apps like Uber are still on the rise.

Singha hasn't experienced any positive changes since the new caps and believes more needs to be done.

"Uber has brought so many cars that they're taking all of our customers. I keep driving around for insanely long hours, without getting a single customer," Singha said.

New York Taxi Workers Alliance Executive Director Bhairavi Desai strongly agrees that more needs to be done and believes that

with a lot of effort, the crisis can be fixed.

"Banks and lenders need to work with the city and philanthropy to write off 20 percent of outstanding debts, lower interest rates, and restructure contracts so that no owner-driver has to lose more than 20 percent of their monthly income to the mortgage," he said in a public statement.

Uber has successfully put its focus on the city's outer boroughs, where frustration over subway overcrowding and delays

and fewer taxi options have made it the ride of choice for many. As a result, Uber is booming in the outer boroughs, with half of all Uber rides now starting outside Manhattan.

In an effort to be more competitive with Uber, yellow taxis will now offer outer-borough commuters a 50 percent discount during morning and evening rush hour commutes to Manhattan via the Waave app, which partners with the Taxi and Limousine Commission.

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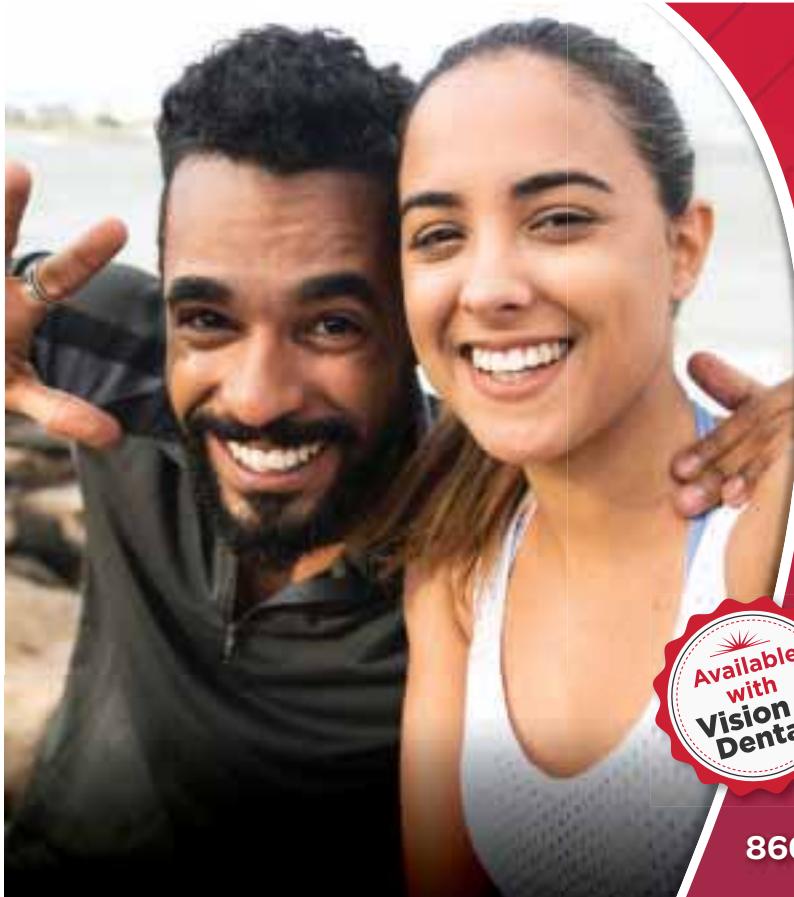
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Pat King  
Grumble Editor

## READER WRITE-INS:

## WHAT HAPPENED TO TRYING?

Why does everyone say "so fun?" Shouldn't it be "so much fun?" It seems as though the more people use incorrect

grammar, the more acceptable it becomes. I hear people speaking incorrectly not only in public, but on TV as well. I'm not a grammar expert, but just because a celeb-

rity speaks incorrectly doesn't mean the rest of us should go down the same road.

Maybe grammar is headed down the same avenue as

fashion. Once people started wearing sweatshirts as everyday attire, fashion seemed to take a turn toward being more "relaxed." In general, the public

seems very lax in both fashion and grammar.

Maybe I just need to get with the times and be more "chill."

— Bernadette, Metro US reader

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## #metrohumble

EVERYBODY DESERVES A COMEBACK STORY — JUST ASK AMANDA BYNES.

Isn't it strange that we as a society tend to root for people in the limelight to fall from grace, yet we always love a comeback story? Amanda Bynes has certainly been on both sides of this seesaw-like paradigm. Back at the tail end of her time as Hollywood's next big thing, she had been derided in the press and cast out of the industry for what many considered to be outlandish behavior. But now,

after seeking help for her mental health and remaining sober for four years, she has been profiled in a fascinating and enlightening article in Paper magazine. All signs lead to a comeback for Bynes, and if anyone deserves it, it's her. As one of the most gifted comedic actresses of her generation, it's easy to imagine the kind of big-budget Hollywood franchises that could have been built around her. Congratulations, Amanda. Your comeback story is something to rejoice about.



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**Aries** The changes you make should reflect what you can afford as well as how you take care of business. Don't let someone else handle your affairs.



**Taurus** Put some muscle behind your plans. Don't wait for someone else to jump in and take charge. Set your plans in motion and don't stop until you are finished.



**Gemini** You'll have plenty of ideas, but before you get started, make sure you have accurate information and that your plans are realistic. Personal change and romance are favored.



**Cancer** Do your own thing. Don't feel the need to follow someone else. Trust in your ability and use experience and logic to ensure that you do what's best for you.



**Leo** A change will do you good. Make plans to get together with friends or attend an event that will encourage networking. You'll be inspired by the information you receive.



**Virgo** Pay close attention to what's going on at home and with anyone you are in a close relationship with. Look for any sign of discontentment or missing information.



**Libra** Practice what you preach. Someone will give you something to think about if you don't live up to the standards you expect others to maintain. Personal growth is encouraged.



**Scorpio** Keep the momentum going until you are happy with the results you get. Whether at work or home, it's up to you to follow through with your plans.



**Sagittarius** Consider your budget before you spend money on end-of-year festivities or buy gifts for loved ones. Walk away from anyone trying to coax you to be excessive or indulgent.



**Capricorn** Check the facts before you share information with others. Someone will pass along information that could make you look bad if it's not completely accurate. Question people who tend to be unpredictable.



**Aquarius** An opportunity should not be ignored. Put everything aside and look at the possibilities. Negotiate on your own behalf to come out on top. Get what you want in writing.



**Pisces** Don't let anger take the reins. Think matters through and offer reasonable suggestions. If someone wants to be excessive, it doesn't mean you should follow suit. Do what's right, not what's popular.

EUGENIA LAST



A new 9-foot Swarovski star tops the Rockefeller Center Christmas Tree. **BRYAN BEDDER**

## Christmas Eve comes early

The Rockefeller Center Christmas Tree Lighting is tonight, and being there in person is a special experience.



EVA KIS  
eva.kis@metro.us

New York City has lots of Christmas traditions — the Rockettes' Christmas Spectacular, Christmas-themed bars and magical holiday windows at Midtown's biggest department stores, just to name a few — but there's one that gets national attention: The Rockefeller Center Christmas Tree Lighting Ceremony.

You've seen it on TV, but nothing compares to being up close to all the action (well, most of the action — some of the concerts take place at various venues around the country). It's like having an early Christmas Eve at the country's tallest Christmas tree, celebrating with thousands of revelers and a star-studded lineup of performers.

The Rockefeller Center Christmas tree will be lit tonight in a ceremony from 7 p.m.-10 p.m., with the switch to turn on the

twinkling lights being flipped at 9:33 p.m. The 86th annual celebration is packed with celebrity guests and performances by the biggest acts in pop, R&B and country music.

Alas, you'll have to arrive early to catch the show. The tree is located right on the doorstep of 30 Rock, with the stage for performances set up inside the movie-famous ice rink. This means unless you get a spot along the promenade surrounding it, you won't get



to see the musical acts (though the sound carries throughout the plaza). But you're there for the ambiance anyway, and possibly some holiday shopping, maybe at the new FAO Schwarz toy store?

Bringing the jingle bell rock will be John Legend, Pentatonix, Tony Bennett, Diana Krall, Diana Ross,

### Meet the 2018 Rockefeller Center Christmas Tree

This year's tree is a 72-foot-tall Norway spruce donated by Shirley Figueroa and Lissette Gutierrez of Wallkill in upstate New York. It'll be decorated with 50,000 energy-efficient LED lights and a spectacular new topper: a 9-foot-wide star glittering with over 3 million Swarovski crystals, designed by architect Daniel Libeskind.

After the ceremony, the tree will be illuminated daily from 5:30 a.m.-11:30 p.m. — except on Christmas Day, when it will shine for a full 24 hours — through Jan. 6, 2019, and until 9 p.m. on Jan. 7, 2019. The tree also has an unofficial Twitter account: @30RockTree.

Brett Eldredge, "America's Got Talent" winner Darci Lynne Farmer, Martina McBride, country singer Kellie Pickler, British R&B artist Ella Mai, the New York City Ballet, Rob Thomas and the Radio City Rockettes.

Comedian Howie Mandel will also be in the mix somehow, but you'll have to watch the ceremony to find out.

If we haven't persuaded you to brave the cold, NBC will air all three hours of the ceremony.

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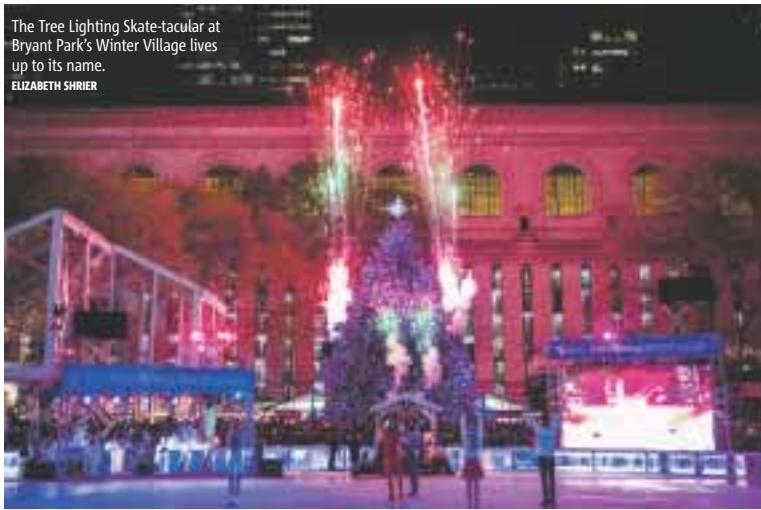
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The Tree Lighting Skate-tacular at Bryant Park's Winter Village lives up to its name.  
ELIZABETH SHRIER



## Light 'em up

Get into the Christmas spirit at these community tree-lighting ceremonies with festive treats and beautiful light displays.



EVA KIS  
eva.kis@metro.us

### Bryant Park

The annual Tree Lighting Skate-tacular at the Bank of America Winter Village in Bryant Park is turning into a whole production. Narrated by Alan Cumming, the Olympic-size ice rink will be filled with the stars of the figure-skating

world including longtime supporter Johnny Weir, followed by ice skating for everyone (always free if you BYO skates). Singer Michelle Williams of Destiny's Child, currently starring in Broadway's "Once on This Island," will open the event with a song from the musical. Guests can also take part in giveaways, including the chance to get your photo on a Times Square billboard. Dec. 4, 6 p.m.-late, West 42nd Street and Sixth Avenue, free, bryantpark.org

### Seaport District

If you didn't make it to one of Pier 17's rooftop concerts this summer or the new fashion hub 10

Corso Como, the Seaport District Holiday Block Party is your chance to see what's new. There will be live music and free hot chocolate, plus special treats from eateries in the Seaport while you enjoy the new decorations courtesy of artist Kris Ruhs. Bring your holiday spirit — Santa's elves will be hidden in the crowd, surprising the merriest guests with gift cards to the Seaport's shops and restaurants. Dec. 3, 5-7 p.m., 19 Fulton St., free with RSVP, eventbrite.com

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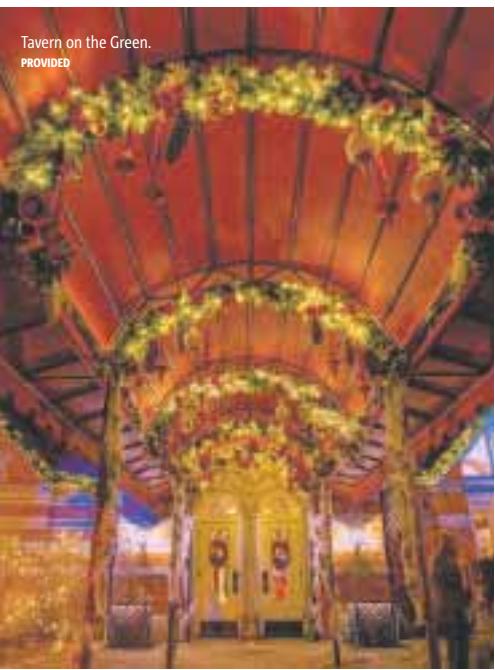
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perform. Guests will also enjoy free mulled cider and hot chocolate, along with Tavern's signature cookies and doughnuts, as well as bites from student chefs of the West Side Campaign Against Hunger. They will also be accepting food donations. Nov. 29, 5-7 p.m., Central Park West & 67th Street, [tavernonthegreen.com](http://tavernonthegreen.com)

### Central Park

The Central Park Conservancy puts on one of Halloween's most unique events with its annual Pumpkin Flotilla on the Harlem Meer. In December, they do the same thing with Christmas trees: The community is invited to the Charles A. Dana Discovery Center in the northeast end of the park for free hot cocoa and cookies. There will be caroling and photo ops with Santa Claus — also free, but BYO camera. Then watch as the flotilla of Christmas trees lights up the lake. Nov. 29, 5:30-6:30 p.m., 110th Street between Fifth and Lenox Avenues, [centralparknyc.org](http://centralparknyc.org)

Green restaurant this holiday season will be greeted by Executive Chef Bill Peet's re-creation of the restaurant as a gingerbread house. The restaurant has transformed its outdoor courtyard into a small forest of Noble

firs dappled in twinkling lights and plenty of holiday treats. At its tree-lighting ceremony, watch as the centerpiece 20-foot tree — decorated with more than 2,000 ornaments — is illuminated while carol singers from LaGuardia High School

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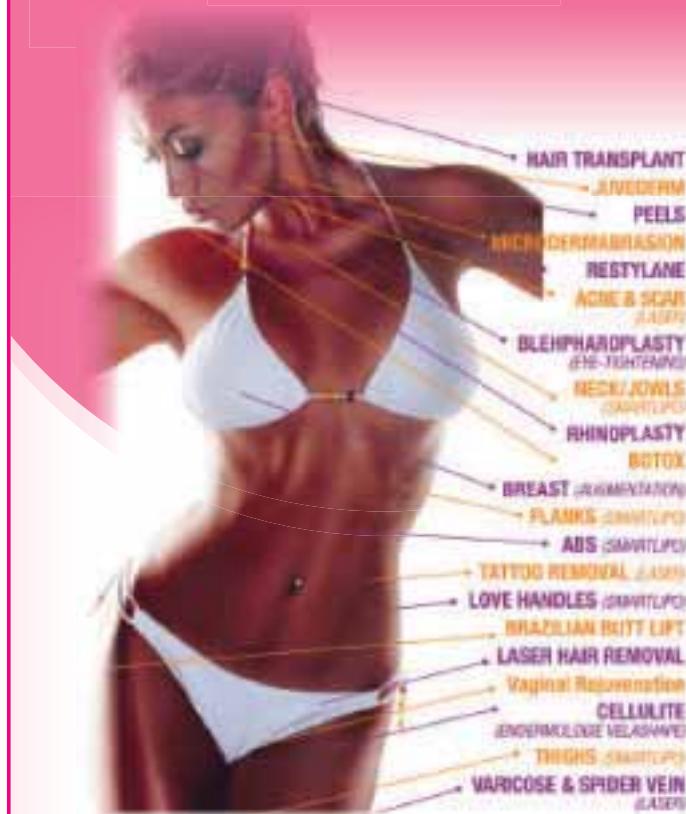
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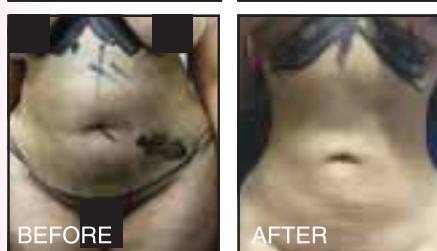
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Conan O'Brien heads to Japan with his latest special. GETTY IMAGES

# Conan O'Brien heads to Japan

The talk show host takes his successful travel series to Japan's "Conan Town."



ANDREW HUSBAND  
[letters@metro.us](mailto:letters@metro.us)

As crowded as the television landscape is these

days, the sheer number of new, canceled and ongoing late-night programs is quite high by its own right. Broadcast and cable staples like "The Tonight Show," "The Late Show" and "The Daily Show" remain, though challengers new and old like "Full Frontal," "Patriot Act" and "The Break" will occasionally make a play for viewers' eyeballs.

And then there's "Conan," Conan O'Brien's self-titled TBS successor to his days at NBC.

The former "Late Night" and "Tonight Show" host's program will transition to a half-hour format next year in order to compete with this very crowded field, but that doesn't mean he no longer has it. On the contrary, O'Brien has proved himself time and again in what has become one of late night television's longest careers. As proof of this, consider his ongoing "Conan Without Borders" series, which sees him, co-host Andy Richter and the rest of the gang traveling all over the world.

The latest installment, "Conan Without Borders: Japan," was announced back in late August when the comedian realized that he shared a name with the popular Japanese manga series "Case

Closed," otherwise known as "Detective Conan." This sparked a pseudo-feud with the mayor of Hakuei Town, otherwise known as "Conan Town" for the manga series, and became the comedic fuel for the show's latest "Conan Without Borders" trip.

The journey itself actually happened back in early September and was covered heavily by the Japanese press. Even so, that doesn't mean that all the best parts of O'Brien and company's trip were spoiled ahead of the special's broadcast this week. This doesn't necessarily mean that "Conan" was able to address every single one of Hakuei mayor Akio Matsumoto's requests (having his face carved into Mount Rushmore, getting a star on the Hollywood Walk of Fame, and receiving 15,000 American hamburgers), but that doesn't mean he didn't try.

Besides, judging by the show's previous televised trips to countries like Mexico, Haiti and Italy, its time in Japan will surely rank fairly high on the list of O'Brien's accomplishments in late night comedy... even if no hamburgers were actually involved.

"Conan Without Borders: Japan" premieres tonight at 10 p.m. on TBS.

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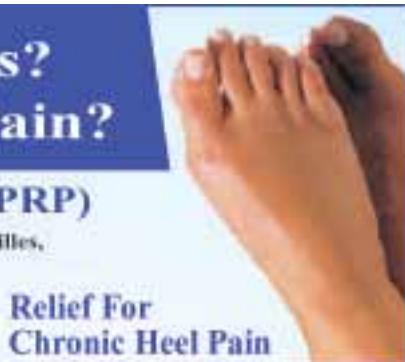
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You go through so many exams and tests... and treatments... and only end up suffering and frustrated.

And everyone is quick to say they have the "new breakthrough solution."

Am I right?

Well, the fact of the matter is... treating back pain is difficult. But advances in modern medical science and technology have created a treatment that has gotten great results with countless back pain sufferers who had tried everything else. Many had given up hope.

**This treatment is called:**

"Radiofrequency Neurotomy." RF for short. And here's how it works...

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your back or neck and one of their jobs is to sense PAIN.

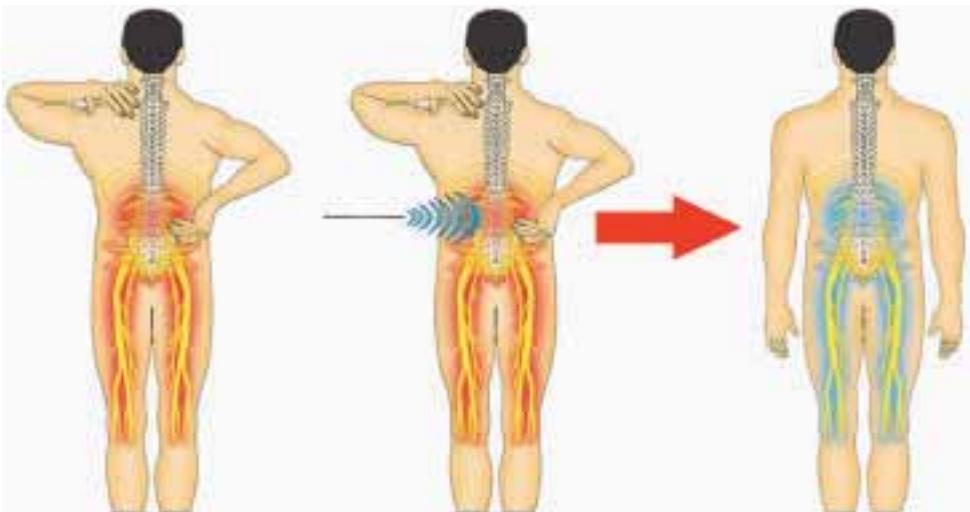
Radiofrequency waves delivered to these nerves under advanced precision medical imaging to target the damaged areas... done right in their own clinic without intimidating, expensive hospitals or surgical centers ... to "block" the painful nerve flow.

**Two steps in the formula are performed.** First, a test or diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function. If this first "test" procedure is successful, RF Neurotomy or "Radiofrequency" will be performed for longer term relief.

NOT just the Treatment alone that's the key ingredient.

*You see, the real secret is the formula.* And that again starts with a proper screening evaluation to determine if you are a good candidate and may achieve the results you are looking forward to. This is always Step number one.

**And the best part about this screening is... It's FREE**



## FREE screening available for powerful back pain treatment

This screening will give you so much relief just knowing what is going on... and what your best options are.

That's right. *NYC Pain MD* offers this first step screening at no cost to patients. The only problem is... they often get over 100 inquiries a day as they also treat almost every painful area and joint. Sometimes it's hard to get through. If you don't get through to someone when you call... keep calling... or leave a message... it will be well worth it.

### But that's just the first step

After your free screening, if you qualify, the doctors will discuss the best treatment plan for you in a way that you will understand completely. Not all complex "doctor talk"...

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You will be given all this At NO COST. *NYC Pain MD* doc's are not like used car salesman. They will not be giving you a sales pitch. They are doctors and will give you the best possible options to help your pain and offer to help you the best way they can. In fact, with up to 100 inquiries a day from patient's looking for relief, it's often hard to even get a treatment spot.

**You should also know this:** While *NYC Pain MD* cannot help everyone...

so many have gotten the pain relief they were looking for.

One of the reasons they offer those first step free screenings, is because it has opened the door to so many people to get help that they never would have otherwise.

At the very least, you will finally have some direction and a plan. And... whether you have the best, worst or no insurance at all, *NYC Pain MD* programs can be made affordable to everyone

They do not want insurance issues... or not being rich or famous... to keep you away if you are suffering in pain.

### How To Schedule Your Risk-Free No-Obligation Screening Evaluation

There is a whole lot more I could say about their treatments etc... but this space is limited and that's best left for you and the doctors to discuss in person.

So... if you are even remotely interested ... take the a first step and give them a call at **877-245-9252** and ask for your free screening.

One more thing... We often get over 100 calls in a single day. For that reason, if when you call you do not get a live scheduling coordinator, make sure to leave your name, number and time of your call on our voicemail. They will get back to you as soon as possible. Again, the number to call is **877-245-9252**. More info at: [painmdny.com/back-pain](http://painmdny.com/back-pain)

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# Mets 'aggressive' in Cano talks

The Mets seem to be in on the veteran second baseman more than originally anticipated.



JOE PANTORNO  
joseph.pantorno@metro.us

The New York Mets are being "aggressive" in the pursuit of a trade with the Seattle Mariners for veteran second baseman, Robinson Cano, according to Andy Martino of SNY.

The 36-year-old eight-time All-Star was one of the game's best-hitting second basemen, putting together a career that looked destined for Cooperstown with the New York Yankees and Mariners. Yet an 80-game suspension for violating the league's drug policy put a major blemish on his career, although all signs indicate that his bat is still a



The New York Mets are in on Seattle Mariners second baseman Robinson Cano. GETTY IMAGES

productive one.

Playing in 80 games in 2018, Cano batted .303 with 10 home runs and 50 RBI.

Regardless of past issues, that kind of output would provide new general manager Brodie Van Wagenen with his first major acquisition that would uphold his promise of making the team competitive in 2019.

However, there are still a number of issues other than the suspension that are working against the Mets.

As it stands, 26-year-old Jeff McNeil is slated to be the starting second baseman on Opening Day. It's a well-deserved slot considering McNeil batted .329 in 63 games after making his MLB debut last season.

Cano also would bring an enormous contract to the table as he is still owed \$120 million over the next five seasons. For a Mets team that needs to focus on other positions of need like the bullpen or catcher, allocating a large chunk of money toward a veteran contract could cripple plans of developing a well-rounded contender.

The only way a deal for Cano could possibly work is if the Mariners sweeten the pot and Cano is willing to move positions.

New York could ask for a number of incentives to make a deal work. The Mariners could either eat a portion of Cano's contract, offer stud closer Edwin Diaz in a deal, or take on Jay Bruce and his remaining contract which is worth \$26 million over the next two years.

Dealing Bruce, who is slated to be the team's starting first baseman next year despite being a natural right fielder, would allow the Mets to move Cano to first base. Should top prospect Peter Alonso make a serious push to nab that starting job though in spring training, the Mets could always keep Cano at second, move McNeil to third base (granted, a defensive downgrade) and make Todd Frazier a utility infielder.



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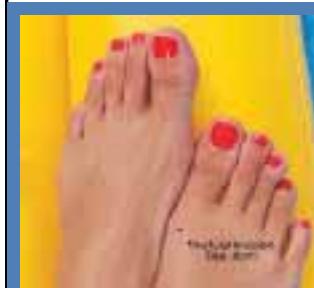
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# Could Yanks to revisit Goldschmidt trade?

The Diamondbacks could very well trade their star first baseman. Where do the Yankees stand?



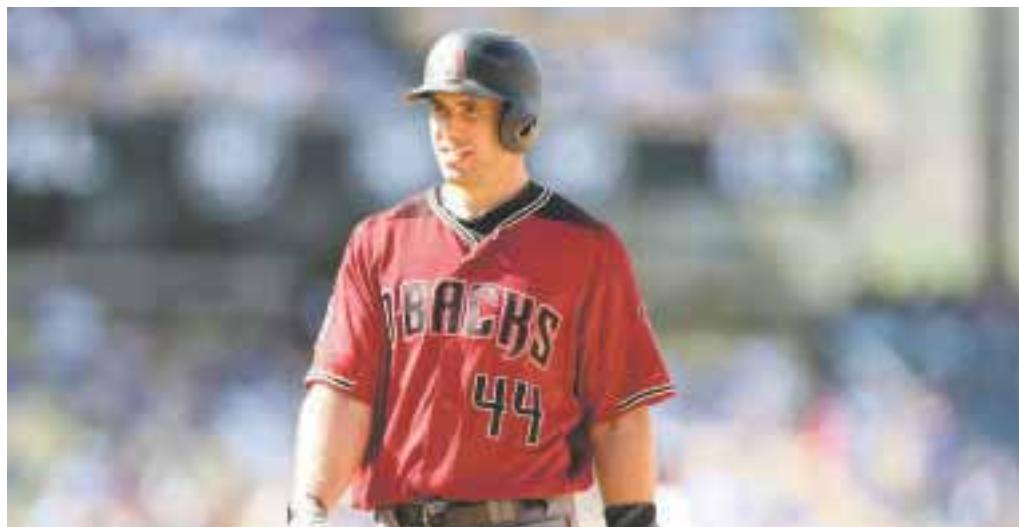
JOE PANTORNO  
joseph.pantorno@metro.us

If the New York Yankees are, in fact, looking to acquire an established first baseman this winter, one of the best in the game is reportedly on the trade market.

According to ESPN's Buster Olney earlier this week, rival evaluators believe that the Arizona Diamondbacks intend to trade six-time All-Star Paul Goldschmidt.

With Goldschmidt entering the final year of his deal, it makes him a prime trade candidate. The quicker they do so, the higher the return will be.

The 31-year-old has finished in the top-11 of



The Arizona Diamondbacks are poised to deal star first baseman Paul Goldschmidt. Will the Yankees pursue? GETTY IMAGES

the National League MVP voting in five of the past six seasons, including three top-three finishes. He's been one of the most consistent power bats at his position over his eight years in the league, posting 162-game averages of .297 with 31 home runs

and 105 RBI.

Goldschmidt's name has been bad in the trade market for the past two months with the Yankees having been notable players. Per Olney, New York was offering prized left-handed pitching prospect Justus Sheffield

for Goldschmidt, though the first baseman's name temporarily disappeared from the rumor mill for a stretch.

Now the Yankees are without Sheffield having dealt him to the Seattle Mariners for left-handed starter James Paxton, a

major piece to lose in discussions involving a bona fide star like Goldschmidt.

First base has been a position in flux for the Yankees over the past few years. Greg Bird has proved unreliable behind a struggling bat

and a multitude of injuries. Granted, they might have stumbled upon a long-term replacement in Luke Voit, acquired from the St. Louis Cardinals at the trade deadline last year.

In just 39 regular-season games with the Yankees, the 27-year-old smacked 14 home runs and drove in 33 runs.

However, the organization's tendencies this offseason has shown that they believe Voit's production was a fluke. There have been reports that they are discussing the possibility of bringing in free-agent megastar Bryce Harper, normally a right fielder, to play first base.

With Sheffield out of the picture, the Yankees likely are not going to be able to keep up with the likes of the Houston Astros or St. Louis Cardinals, who could offer big-time returns to the Diamondbacks for Goldschmidt.

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**NOTICE IS HEREBY GIVEN** that a license, Serial # 1314807, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Restaurant at 507 Grand St., Brooklyn, NY 11211. Kings County, for on premises consumption. So3Alpha Corp. d/b/a Carneval

**NOTICE IS HEREBY GIVEN** that a license, Number 1313159, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 2428 Hughes Ave., Bronx, NY 10458. Bronx County, for on premises consumption. La Corona Bar, Corp.

**NOTICE IS HEREBY GIVEN** that a license, Number Pending, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Tavern under the Alcoholic Beverage Control Law, at 445 Gold St., aka Albee Square West, Space C-104, Brooklyn, NY 11201. Kings County, for on premises consumption. Dekalb Stage LLC

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## LEGAL NOTICES

### NOTICE OF SALE

SUPREME COURT  
QUEENS COUNTY  
WELLS FARGO BANK, N.A.; Plaintiff(s) vs. YUT CHIN HOO; et al; Defendant(s) Attorney(s) for Plaintiff(s): ROSICKI, ROSICKI & ASSOCIATES, P.C., 2 Summit Court, Suite 301, Fishkill, New York, 12524, 845.897.1600

Pursuant to judgment of foreclosure and sale filed and recorded herein on or about October 10, 2018, I will sell at Public Auction to the highest bidder at the QUEENS COUNTY SUPREME COURT, located at 88-11 SUTPHIN BOULEVARD, JAMAICA, NEW YORK 11435, IN COURTROOM #25. On December 7, 2018 at 10:00 am. Premises known as 43-17 204TH STREET, BAYSIDE, NY 11361-2628 Block 6268 Lot: 35 ALL that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate lying and being at Bayside, in the Third Ward of the Borough of Queens, City and State of New York, known and designated on a certain map entitled, "Map of Bayside-Flushing, Broadway, Bayside, Borough of Queens, New York City, John F. Fairchild, Civil Engineer, Engineering Bldg., City of Mount Vernon, N.Y., May 23, 1907," and filed in the Queens County Clerk's Office July 23, 1907, as Map No. 1038, as and by Lots Numbers fifteen (15) and sixteen (16) in Block Number twenty-eight (28). As more particularly described in the judgment of foreclosure and sale. Sold subject to all of the terms and conditions contained in said judgment and terms of sale.

Approximate amount of judgment \$612,872.98 plus interest and costs. INDEX NO. 704917/2014

Peter M. Wolf, Esq., Referee

## LEGAL NOTICES

### NOTICE OF FORMATION OF VEJKA, LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 09/28/2018. Office location:

New York County. SSNY has been designated as agent of LLC upon whom process

against it may be served. SSNY shall mail a copy of process to the LLC c/o:

Juliette Metzger, 201 East 83rd Street, #3B, New York, NY 10028, which is also the principal business location of the LLC. Purpose: any lawful act or activity.

**NOTICE IS HEREBY GIVEN** that a license, Number 1314468, for Beer & Wine has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Restaurant, with one additional bar, under the Alcoholic Beverage Control Law at 19-23 Saint Marks Pl., Upper Level, New York, NY 10003. New York County for on premises consumption. Szechuan Mountain House Inc.

### NOTICE IS HEREBY GIVEN

that a license, Number 1314519, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine under the Alcoholic Beverage Control Law at 263 Beach 116th St., Far Rockaway, NY 11694. Queens County for on premises consumption. O'Sake Rockaway Japanese Restaurant Inc.

### NOTICE IS HEREBY GIVEN

that a license, Number 1314562, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine under the Alcoholic Beverage Control Law at 38-40 Bell Blvd., Bayside, NY 11361. Queens County for on premises consumption. Pho Grand III Inc.

## LEGAL NOTICES

### NOTICE OF SALE

SUPREME COURT:  
WELLS FARGO BANK, N.A.; Plaintiff(s) vs. DONNA GORDON; THOMAS J. GORDON; et al; Defendant(s) Attorney(s) for Plaintiff(s): ROSICKI, ROSICKI & ASSOCIATES, P.C., 2 Summit Court, Suite 301, Fishkill, New York, 12524, 845.897.1600

Pursuant to judgment of foreclosure and sale filed and recorded herein on or about October 10, 2018, I will sell at Public Auction to the highest bidder at the QUEENS COUNTY SUPREME COURT, located at 88-11 SUTPHIN BOULEVARD, JAMAICA, NEW YORK 11435, IN COURTROOM #25. On December 7, 2018 at 10:00 am. Premises known as 43-17 204TH STREET, BAYSIDE, NY 11361-2628 Block 6268 Lot: 35

ALL that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate lying and being at Bayside, in the Third Ward of the Borough of Queens, City and State of New York, known and designated on a certain map entitled, "Map of Bayside-Flushing, Broadway, Bayside, Borough of Queens, New York City, John F. Fairchild, Civil Engineer, Engineering Bldg., City of Mount Vernon, N.Y., May 23, 1907," and filed in the Queens County Clerk's Office July 23, 1907, as Map No. 1038, as and by Lots Numbers fifteen (15) and sixteen (16) in Block Number twenty-eight (28). As more particularly described in the judgment of foreclosure and sale. Sold subject to all of the terms and conditions contained in said judgment and terms of sale.

Approximate amount of judgment \$330,226.10 plus interest and costs. INDEX NO. 8371-13

Peter M. Wolf, Esq., Referee

### NOTICE IS HEREBY GIVEN

that a license, Number Pending, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 20 Hudson Yards Grill, Units 505 & 602 a/k/a 500 West 33rd St., New York, NY 10001. New York County, for on premises consumption. Hudson Yards Grill LLC and TKHY LLC as manager. d/b/a TAK Room.

### NOTICE IS HEREBY GIVEN

that a license, Number 1313946, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail under the Alcoholic Beverage Control Law at 7718 5th Ave., Brooklyn, NY 11209. Kings County for on premises consumption. Tanoshii Inc.

### NOTICE IS HEREBY GIVEN

that a license, Number 1314167, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail under the Alcoholic Beverage Control Law at 7803 3rd Ave., Brooklyn, NY 11209. Kings County for on premises consumption. My Thai Café Inc.

## LEGAL NOTICES

### NOTICE OF SALE

SUPREME COURT:  
QUEENS COUNTY  
MASTER HOLDING INC.; Plaintiff(s) vs. GURU P. HARIPRASAD; et al; Defendant(s) Attorney(s) for Plaintiff(s): ROSICKI, ROSICKI & ASSOCIATES, P.C., 2 Summit Court, Suite 301, Fishkill, New York, 12524, 845.897.1600

Pursuant to judgment of foreclosure and sale filed and recorded herein on or about March 12, 2018, I will sell at Public Auction to the highest bidder at the QUEENS COUNTY SUPREME COURT, located at 88-11 SUTPHIN BOULEVARD, JAMAICA, NEW YORK 11435, IN COURTROOM #25. On December 7, 2018 at 10:00 am. Premises known as 43-17 204TH STREET, BAYSIDE, NY 11361-2628 Block 6268 Lot: 78

All that certain lot, piece or parcel of land, with the buildings and improvements thereon erected, situate lying and being in the Borough and County of Queens, City and State of New York. As more particularly described in the judgment of foreclosure and sale. Sold subject to all of the terms and conditions contained in said judgment and terms of sale. Approximate amount of judgment \$612,872.98 plus interest and costs. INDEX NO. 704917/2014 Peter M. Wolf, Esq., Referee

**NOTICE IS HEREBY GIVEN** that a license, Number 1314579, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine under the Alcoholic Beverage Control Law at 59-06 Kissena Blvd., Flushing, NY 11355. Queens County for on premises consumption. New Chinese Restaurant Inc.

**NOTICE IS HEREBY GIVEN** that a license, Number 1314325, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine under the Alcoholic Beverage Control Law at 133-42 39th Ave., Unit G3, Flushing, NY 11354. Queens County for on premises consumption. Szechuan Mountain House NY LLC.

**NOTICE IS HEREBY GIVEN** that a license, Number 1314209, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail under the Alcoholic Beverage Control Law at 7718 5th Ave., Brooklyn, NY 11209. Kings County for on premises consumption. Tanoshii Inc.

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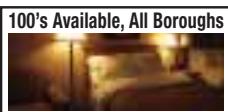
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## GAMES

## ACROSS

1 Cow's comment  
 4 Plenty; more than enough  
 9 Georgia \_\_; univ. in Atlanta  
 13 \_\_ roast; cut of beef  
 15 Hay bundles  
 16 Sore  
 17 Recipe verb  
 18 Exhausted  
 19 Actor Everett  
 20 Arouse; stir up  
 22 Ripped  
 23 Deep mud  
 24 Inventor Whitney  
 26 Go higher  
 29 The Mamas & the Papas  
 member  
 34 Knight's weapon  
 35 Sulks  
 36 Opening  
 37 Afternoon socials  
 38 Cursing  
 39 Skimpy skirt  
 40 McMahon & Marinaro  
 41 Disappeared  
 42 Free-for-all  
 43 Kept

45 Cruise ships  
 46 Floral wire service  
 47 \_\_ belt; car safety feature  
 48 Surgery memento  
 51 Purse or hat  
 56 "O \_\_, All Ye Faithful"  
 57 Mealtimes  
 58 Genuine  
 60 King topers  
 61 Cacophony  
 62 Indira's robe  
 63 Prepare spuds  
 64 Actor Tim  
 65 Presidential monogram

## DOWN

1 Fem. title  
 2 Pitcher's delights  
 3 Leave out  
 4 Ridiculous  
 5 Sugar \_\_; New York's state tree  
 6 Entreaty  
 7 Church season  
 8 Highly honored  
 9 Stratagem  
 10 Resound  
 11 Scorch  
 12 "Dr. Jekyll and Mr. \_\_"

## metro.us/wordsearch



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 Colbert  
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 Daily Show  
 John

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 Letterman  
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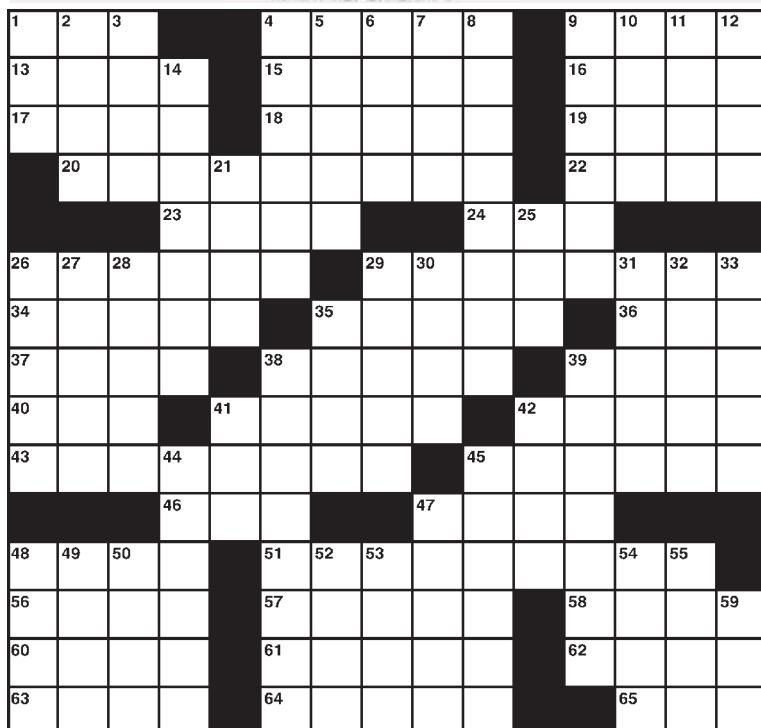
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## metro.us/crossword

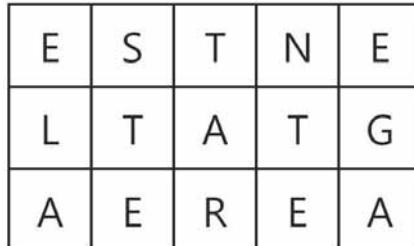
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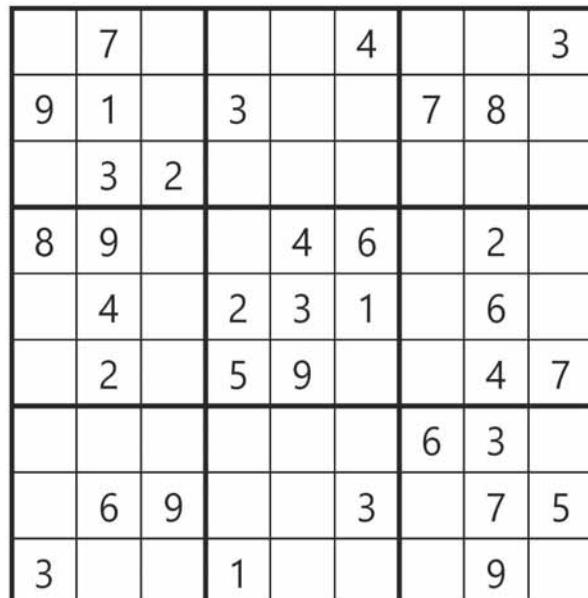
## metro.us/wander

Category: Occupation



Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

## metro.us/sudoku



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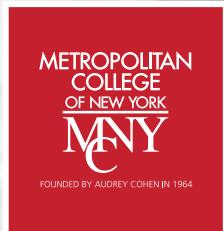
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